



TCA GET ACTIVE CHALLENGE

During lockdown its vital to keep ourselves mentally and physically fit! We have suggested some activities that students, parents/carers and staff can get involved in to support each other to get out and get active, whilst also adhering to the lockdown protocols.



Get out for a walk



Do a Joe Wicks home workout



Go for a bike ride



Go for a run in your local area/park

Each week we'd love to see and hear what students and their families have been doing to get out in the fresh air, get away from screen time and get healthy!



Complete the PE homework out challenge



Let us know through the Academy Facebook page or Twitter Account what you have been up to!

Tokens will be given to all who send in their entries



08452 415175



SHARE Multi-Academy Trust,
c/o Shelley College, Huddersfield Road,
Shelley, Huddersfield, HD8 8NL



info@sharemat.org



www.sharemat.org

